



James City County Parks & Recreation

Fitness Class Descriptions

SilverSneakers® Classic ♥ Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Yoga ♥ YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Cardio ♥♥ to ♥♥♥ Get Up & Go with an aerobics class for you - safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SilverSneakers® Circuit ♥♥ to ♥♥♥ Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and an SS ball alternates with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Yoga for Everybody ♥ to ♥♥ Yoga poses are introduced and taught with varying degrees of intensity for different levels of experience. It's designed to develop muscular strength, improve flexibility, release tension and develop peace of mind. Come join us for this unique experience. Previous yoga experience is helpful, but not required.

Better Balance ♥ to ♥♥ Are you concerned about your balance or have been advised by your physician to work on improving your balance? This class will focus on strengthening the legs and core muscles, improving ankle flexibility and integrating the sensory system, which all contribute to good balance!

Stretch and Sculpt ♥♥ This workout uses specific movements to improve posture, flexibility and strength. This class is a great way to tone your body with the benefits of a non-impact workout.

Vinyasa Yoga ♥♥ With Vinyasa Flow Yoga, you'll move through postures with the breath as your guide. This all-levels class will feature standing poses and include forward and back bending, twists, balances, core work and restorative postures for a varied workout. Previous yoga experience is helpful, but not required.

Pilates ♥♥ This mat-based workout uses specific movements to improve posture, flexibility, strength and body awareness. Pilates integrates body and mind to create a completely balanced form, while focusing on the body's core areas - abs, glutes, hips and lower back. You'll work with your body, not against it. This class is a great way to tone your body with the benefits of a non-impact workout.

Good Morning! Yoga/Gentle Yoga ♥♥ Start your day with an all-level Hatha yoga class. The class emphasizes alignment, breathing and adapting the poses to the individual. The class is designed to promote strength, flexibility and greater body awareness. You will leave the class feeling energized, yet calm, cool and collected.

Yin and Yang Yoga ♥♥ Combination of longer-held Yin poses with flowing Yoga poses with the breath as your guide. This all-levels class will feature standing poses and include forward and back bending, twists, balances, core work and restorative postures for a varied workout. Come experience this ancient practice in a whole new way. Previous yoga experience is helpful but not required.

Low Impact ♥♥ to ♥♥♥ A varied cardio workout that includes strength training, core and flexibility segments. Low impact for your body, but definitely not low intensity.

Pilates Fusion ♥♥ to ♥♥♥ This is a unique blend of Yoga and Pilates. Enjoy the benefits of core strengthening exercises and flexibility training all in one great class!

Pilates with Props ♥♥ to ♥♥♥ Get moving properly to tackle life's daily challenges. Enjoy the benefits of a relaxing yet invigorating workout that strengthens and stretches every muscle with the addition of fit balls, resistance bands and other related tools.

Cardio Interval ♥♥ to ♥♥♥ Alternating cardiovascular and strength training intervals is key to dramatically improving cardiovascular fitness and raising the body's potential to burn fat. The best part is this formula keeps your body burning calories long after you've stopped working out.

20/20/20 ♥♥ to ♥♥♥ Get a full workout in just one class! 20 minutes each of Cardio, Strength and Core.

Total Body Intervals ♥♥ to ♥♥♥ Variety gets results! Mix it up and work the whole body with a mixture of Strength and Cardio intervals. Class can include stations, weight training, step and core work using a variety of fitness tools.

NEW!!! Barre ♥♥ to ♥♥♥♥ Want to sculpt an amazing body without high impact exercises? A unique blend of elements from ballet, Pilates, yoga and functional training. Incorporating isometric movements, interval training and stretching to tone the waistline while producing the long lean muscles of a dancer. Barre is a highly effective yet safe way to sculpt the entire body. Appropriate for any age, gender or fitness level. Come burn and tone!

Zumba® ♥♥ to ♥♥♥ Ditch the workout & join the party! Dancing is a fun and effective cardio workout with sculpting exercises designed to tone the entire body from top to bottom. This high/low impact class has something to offer all fitness levels.

Zumba® Toning ♥♥ to ♥♥♥ Amp up your Zumba! Dancing is a fun and effective cardio workout with sculpting exercises using light hand weights designed to tone the entire body from top to bottom. This high/low impact class has something to offer all fitness levels.

NEW!!! Zumba® Step ♥♥ to ♥♥♥ Those who are looking to feel the burn, baby! Looking to strengthen and tone your legs and glutes? Step right up. We combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba brings to the dance floor.

Mixed Fit® ♥♥ to ♥♥♥ Mixed Fit® is a fusion of explosive dancing and Bootcamp inspired toning. Simple choreography with a focus on “working out” rather than following dance steps. If you can do things like squats, jumping jacks and shake that booty you will have a blast in class!

NEW!!! Tabata ♥♥ to ♥♥♥♥ Want to burn!?! This 45 minute, high intensity interval training class will leave you ready to take on your day. Design method: perform one exercise for 20 seconds, then rest for 10 seconds, repeating 8 times.

Core Fit ♥♥ to ♥♥♥ Strengthen your core in this 30 minute class! Work the abs, back, hips and glutes including stabilization and functional movements.

Strength Training ♥♥ to ♥♥♥ This class will not only burn calories, but will build your muscle mass and bone density as well! We'll use various types of equipment such as resist-a-balls, tubing, hand weights, body bars and more. This class is suitable for all fitness levels.

Kettlebell Skills ♥♥ to ♥♥♥ Kettlebells are functional tools sweeping the fitness industry! Our qualified instructor will teach you how to use them with proper form, engaging the correct muscles. Kettlebells are a full-body, fun and functional workout! Classes held in the gym or outdoors.

Intermediate Kettlebell ♥♥♥ to ♥♥♥♥ Progress your Kettlebell skills and improve your whole body strength. Classes held in the gymnasium or outdoors. Beginner Kettlebell or permission from instructor required.

NEW!!! PiYo® ♥♥ to ♥♥♥♥ No weights. No jumps. Just hardcore results. PiYo is a unique blend of muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga - set to vibrant music. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. This is unlike anything you've ever done before. If there is one class that can change your body – THIS IS IT!

Functional Strength Training ♥♥♥ to ♥♥♥♥ Get Rec'd! You never know what you will get in this bootcamp-style class, but it will be challenging! We will have fun using battling ropes, cones, balls, picnic tables, running, jumping, etc!

NEW!!! TRX Circuits ♥♥ to ♥♥♥♥ Challenge your body with this fast paced workout, combining TRX strength exercises with cardio drills. The TRX Suspension Trainer workout system leverages gravity and your bodyweight to perform hundreds of exercises. This is a fun and challenging workout – taking your fitness to the next level!

Indoor Cycling and Rowing Classes Descriptions (Spin and Rowing classes are held in the Spin room)

Please get class cards up to 30 minutes before class, spots are limited!

Beginner Cycling ♥♥ to ♥♥♥ Get set up on a bike and record your settings. Learn the basics of Indoor Cycling workouts. This class is the prerequisite for taking an Indoor Cycling class. Participants are welcome to remain in this beginner class multiple times. 40 minute class, limit 11 per class.

Indoor Cycling ♥♥♥ to ♥♥♥♥♥ Get ready! This 45-60 minute class is as challenging as you make it. With jumps, climbs and sprints you will sweat and have a blast! Beginner Cycling is required before taking this class. Limit 11 per class.

Cycle & Core ♥♥♥ to ♥♥♥♥ Two in one! Challenge your cardio with spin sets and dismount the bike for mat work to challenge your core. Limit 11 per class.

NEW!!! Cycle60 ♥♥♥ to ♥♥♥♥ This spin class will get the legs moving and the heart pumping! Challenge yourself by combining strength and endurance components all while having a blast. Jump, run and climb your way through an intense 60-minute session of aerobic and anaerobic training on a stationary bike. Limit 11 per class.

Row & GO Circuit ♥♥♥ to ♥♥♥♥ Combine sprints, pyramids and steady state rowing with strength training using body weight, gliders, bands and medicine balls. An all-inclusive workout to improve strength, stamina and endurance.

Indoor Rowing ♥♥♥ to ♥♥♥♥ This 30-45 minute class is a full-body low-impact workout! Perfect your rowing technique and efficiency in this challenging class for all fitness levels. Limit 8 per class